

Spinach Salad with Apples and Raisins

Makes: 6 Servings

Ingredients

2/3 package baby spinach (10 ounces, washed)
1 1/2 apples (chopped, can use 1-2 apples)
1 cup raisins
1/4 cup canola oil
1/4 cup apple cider vinegar
1/4 cup sugar
1 pinch garlic powder

Directions

1. Combine spinach, apples and raisins.
2. Mix all dressing ingredients and pour over salad just prior to serving.

Notes

Granny Smith apples are recommended for salad, but any apple on hand will work.

University of Maryland Extension. Food Supplement Nutrition Education Program.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	213	
Total Fat	9 g	14%
Protein	2 g	
Carbohydrates	34 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	32 mg	1%

MyPlate Food Groups

Fruits	3/4 cup
Vegetables	1/2 cup